

03/31/04

Dear Patient:

You have recently been diagnosed with Severe Acute Respiratory Syndrome (SARS). It's natural to feel anxious or fearful about SARS. You are being given this packet so that you understand your illness, how to care for yourself, and how to prevent spreading it to others.

SARS is a contagious disease that can spread to other people. What we know about SARS suggests that people who have it can spread it to others from the time they show symptoms, such as fever or cough, until 10 days after symptoms go away. Persons who are suspected to have SARS should avoid contact with other people until 10 days after SARS symptoms have gone away.

This packet contains:

- ☐ **SARS discharge instructions** that outlines what you are expected to do while you are in isolation.
- ☐ **CDC Information about SARS** for patients and their close contacts to help you understand the disease.
- ☐ A **Cover Your Cough** brochure to help you prevent spreading the disease to other people in your household.
- ☐ **How to take your temperature** instructions
- ☐ **Symptom Record** sheets to help you track your medical condition.
- ☐ **Infection Control Instructions for Home Isolation** to help keep your home safe for you and other people in your household.

It is important that you follow the instructions in this packet. If you have any questions or don't understand what you are being asked to do, please call us right away at 206-296-1100.

You are being asked to stay away from other people while you are getting better. It is the job of Public Health to make sure that you are taken care of, and that your family and the larger community do not get SARS from you. Staff from Public Health will be available to make sure that you have everything you need while you are recovering. If you start feeling worse, need help or someone in your household starts feeling sick, please call us right away at 206-296-1100.